

Arlington Council on Aging

Meeting Minutes September 15, 2016

Present: Mara Klein Collins, Jim Munsey, Noreen Murphy, Paul Raia, Dick Phelps, Jill Greenlee, and Marge Vanderhill.

Associate member present: Bob Tosi.

- I. Call to order: The regular meeting of the Council on Aging Board was called to order by Mara Klein Collins at 6:01PM on September 15, 2016, at 27 Maple Street, Arlington, MA.

Citizen's Open Forum: No one present.

II. Old Business

A. Feasibility Study

1. Capital Planning Committee: Barbara Thornton thought other properties in town might work for a senior center.
2. Five million dollars is in the 2018-2019 budget for renovations.
3. The downstairs bathroom will be worked on in the next few months.

B. AARP

1. Susan will meet with Christine Bongiorno then reconvene with Adam Chapdelaine.
2. Although there is no definite certification, the AARP guidelines can be used as a marketing piece within town committees. They are also useful to the COA goals, particularly funding for transportation.
3. Tufts Health Foundation gives out grants.

C. COA priorities for 2016/2017

1. Create relationships with the Selectman, Capital Planning Board and FinCom, educating them on the needs of the COA. Create subcommittees of two people to work with:

Selectman: Mara & Paul

Capital Planning Board: Mara & Bob

FinComm: Ann & Jim

2. As transportation is our biggest issue and greatest need, create a subcommittee to regularly meet and look at transportation needs for seniors, funding, and logistics. Jim will form a committee
3. Launch Age Friendly Community: Agreed, but hold until we have a go-ahead from the Town. Mara will participate and suggested someone in his or her first term take part for continuity.
4. Inquire and assist as to how we can help the renovation of the Senior Center moving along. Susan to keep us informed as to when we are needed and in what role.

III. Report of the Chair

- A. AARP: Thanks to all who took time out from their summer to meet with Sandy Albright, State President and Valerie Spain, Program Specialist for AARP. It was very informative. Susan and I are in the process of writing a grant to fund this program. We are awaiting approval from Adam Chapdelaine and Christine Bongiorno to proceed.
- B. COA Presentation: Jim and I have received the data needed and are in the process of updating the figures. In addition when we presented via ACMI we shortened the presentation which was much more effective. We will send you the update, as well as begin to schedule meetings. I will include Barbara Thornton from Capital Planning.
- C. Rick Fenton has been approved by the Selectman. However Rick had an injury while on vacation, is recovering, but it will be a lengthy process of healing. Hence he is not here tonight. At any rate I am pleased to welcome him to the Board as he adds another set of skills to our group.
- D. Friends 5K: Along with Susan, COA Staff and other Board members I volunteered at the race this past weekend. Thanks to all who were able to lend a hand.

IV. Executive Directors Report: June-September 2016

- A. Donald Boudreau, former 27-year COA employee passed away in July
- B. Employee out on medical leave; the staff covered the absence
- C. Public Health Intern, Nina Cherilus, has been working on a Memory Café. Memory Café's are one of the initiatives supported by MCOA and is a program designed to include an individual with early/mid Alzheimers/Dementia along with their caregiver
- D. Lahey Farmers Market has been occurring every Tuesday and will continue through early November
- E. Lahey Diabetes 13 week program was successful. Participants are also receiving a full year membership to the Woburn YMCA
- F. Fall programs are beginning. Once again the COA is partnering with Arlington Community Education to bring many new and interesting classes
- G. Six nurses will be joining us this semester and begin the week of September 20
- H. We will be hosting one SW intern from Simmons College this semester and Lourie August will be her preceptor.
- I. The ten week program to address hoarding will begin in September. Marci Shapiro Ide will be the facilitator for this group.

V. Other Reports

Friends of COA: The 5k race had the highest participation ever with 365 enrolled. Donations increased as well. Karen and Ann are liaisons.

VI. Minutes of the June 16, 2016, were accepted. Noreen Murphy so moved and Paul Raia seconded. July 25, 2016, minutes were accepted as amended. Noreen Murphy so moved and Jim Munsey seconded.

VII. New Business

- A. MCOA conference is scheduled on the Cape for October 26-28. Susan will attend.
- B. Volunteers are needed for Town Day, September 17.

VIII. Other Business: None

IX. Meeting was adjourned at 7:33pm.